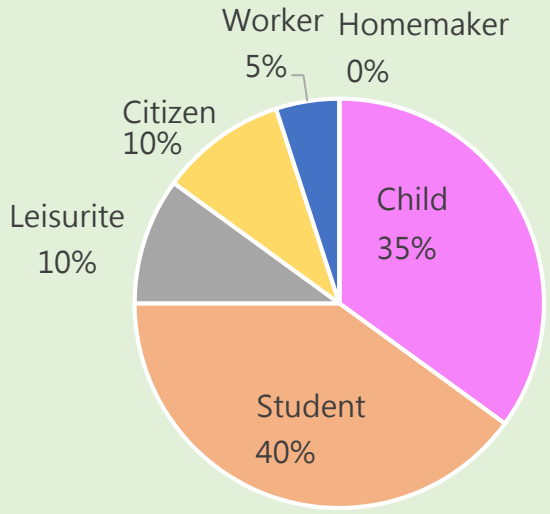
My E-lesson
Module 5: My Life Roles
《Activity 3：Graph of My Life Roles》

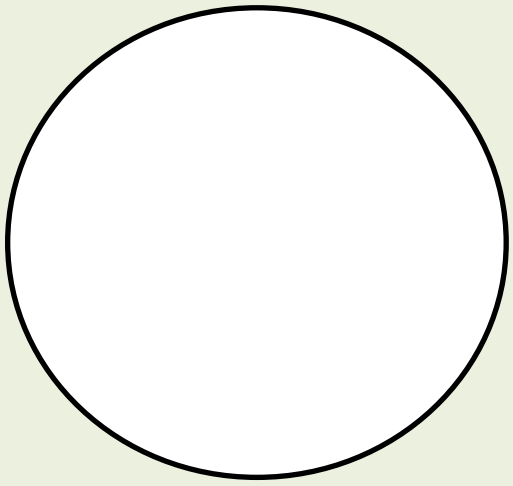
Name：_____
Class：_____

Please draw your current graph of life roles according to the degree of involvement and think about the questions:

Graph of My Life Roles (example)



Graph of My Life Roles



Copyright ©2019 CLAP for Youth@JC. All rights reserved. | School-based Support Team

My E-lesson
Module 5: My Life Roles
《Activity 3：Graph of My Life Roles》

Name：_____
Class：_____

1. What are the factors affecting your current distribution of life roles?
   (Personal factors: Interests, values, abilities, personality traits? External factors: parents, teacher, social expectations?)

_____

_____

_____

_____

2. Are you satisfied with your distribution of life roles? Is there anything that needs to be adjusted？

_____

_____

_____

_____

3. Have you ever encountered any conflict when playing different life roles at the same time? How did you respond at the time?

_____

_____

_____

Copyright ©2019 CLAP for Youth@JC. All rights reserved. | School-based Support Team